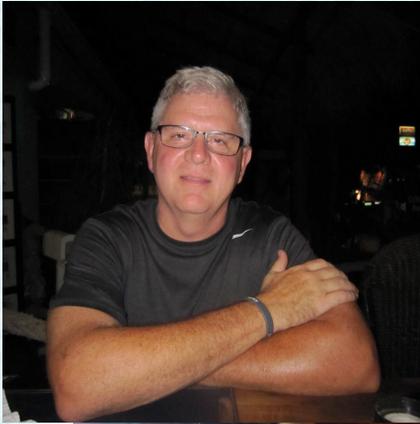


Our Member Spotlight for May is Tom Farrell!



Name & Occupation: Tom Farrell, Insurance and Real Estate Sales

How long have you been a member at the Ambassador? Not sure but 10 years plus

How many times a week do you work out total? I try to work out a total of 5 days a week. Some weeks it's just 4 times. I do resistance training twice a week plus walking and biking

What is your favorite workout/exercise? Bicycling and power lifting are my most favorite workouts but I like it all.



What advice would you give a new gym member or someone new to exercising? I think you need to plan specific days and or times. I think you need to answer to someone or have a friend you like to workout with. It's important to make sure you know how to properly do exercises. I really believe in working with a personal trainer to at least get you started or in my case to work with regularly. I'm intrigued with the new small group concept The Ambassador is starting. With so many different offerings it shouldn't be hard to find something you like. Using a personal trainer I've been able to modify certain lifts to accommodate my joints so I don't

cause further damage or injury but still get the benefits of lifting. I think it makes such a difference to work smarter to avoid nagging injuries.

Why did you start working out? I decided I needed to make a real effort to get healthy. As I moved well past 50 I started to have some significant joint issues. I decided I wanted to get my joints strengthened to take stress off the joint itself. I could give in to the pain and discomfort or do something about it.

What keeps you motivated? As the idea of working out, hitting the weights, running faster and jumping higher fades in the distant past, other motivations for "going to the gym" start to reveal themselves. Excuses are just as easy as they used to be to not work out but the results of listening to the "excuse voice" as we age can actually be more severe or life changing than in our earlier years. Health and Happiness seem to be key motivators for me, but it's also easier to find reasons to not be active. I identified two issues I wanted to work on to make sure my quality of life, "the two H's" above, were extended as long as possible. I have a bad knee that made it harder to work out and I had a shoulder redone. Rather than give up or give in to aging I hired an excellent personal trainer, Angie Rovetto, to identify ways to modify exercise so I could work to get stronger without further damaging my joints. This helps my golf game (not unfortunately my golf swing) and my love of hiking. I am a believer in resistance training for joint strength and bone strength. I also had to improve my overall health. We designed a workout based on calories and weekly activity to help me lose weight. I walk and ride bikes two to three times a week for my aerobic exercise. I had targets for all of those health markers we all know about and losing weight or more importantly fat, to reach some goals for a life more full of health and happiness. I recently made it to a goal weight that was really hard to reach for those last few pounds. Thank goodness I had someone helping me to reach those goals and constantly having ideas and encouragement to get me there. The results for health markers have been dramatic in most areas. Here's to enjoying life to the fullest and all the amazing gifts on this earth we have to experience!